



DAY #3 – EXPLORING MENTAL ILLNESS/COMMON DISORDERS

MATERIALS:

- Projector to play videos
- “This is Anxiety” power point

Access the link below for information on Mental Disorders:

<https://mhlcurriculum.org/wp-content/uploads/2018/11/final-teacher-knowledge-update.pdf>

1. MENTAL ILLNESS, DIAGNOSIS, SIGNS AND SYMPTOMS, COMMON DISORDERS

Show video Mental Illness Causes, Symptoms, Diagnosis and Treatment

<https://www.youtube.com/watch?v=-sguqwaTuxo> 4:08

Discussion Questions:

1. It can be hard to distinguish between a mental health problem and a mental illness, what makes the difference?
 - A mental illness is:
 - More severe
 - Lasts longer
 - It significantly impacts a person’s ability to cope with life
2. Mental Illness is many disorders that fall into broad categories. What are the categories?
 - Anxiety
 - Mood Disorders
 - Schizophrenia
 - Personality Disorders
 - Obsessive-Compulsive Disorders
 - Other Disorders



ADDITIONAL RESOURCES CAN BE FOUND AT saskatooniec.ca/mindovermatters
For more information, contact admin@saskatooniec.ca

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- i. Eating disorders
 - ii. Post-traumatic stress disorder
 - iii. Suicidal behaviors
 3. Medicines and counselling are the main ways to treat mental illness what are some other things that can help?
 - Family, friends, and support groups
 4. What causes mental illness?
 - Usually some sort of combination of:
 - Inherited factors (genetics)
 - Life stressors such as a death, divorce, etc. (It is important to emphasize that everyday life stressors such as conflict with friends or family, breaking up with a significant other, writing tests, etc will not cause mental illness)
 - The environment or culture you live in (eg. War torn country, abusive environment – which can be emotional, physical, or sexual abuse or an environment where a child is being neglected)
 - Health problems that affect your brain (eg. Certain viruses or a tumour)
 5. What are some symptoms of mental illness?
 - Major changes in personality or behaviour
 - Confusion, cloudy thinking
 - Odd or disorganized thoughts
 - Inappropriate behaviour seeing or hearing things that aren't there
 - Believing things that aren't true even with lots of evidence to prove they are untrue
 - Extreme moods
 - There may be other symptoms not on this list. Anything that seems out of the ordinary
 6. Remembering that symptoms are different with different disorders, what do doctors usually look for to help them make a diagnosis?
 - How severe the symptoms are
 - How long do the symptoms last
 - How much do the symptoms affect the person's ability to function
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2. COMMON MENTAL ILLNESSES

Anxiety and Depression are the two most common mental disorders so we have included more information on them, with a quick overview of some of the other disorders.

1. Anxiety Disorders - show "This is Anxiety" power point



- Walk through the slide on everyday stress vs clinical anxiety (Slide #2) – try to use examples (there is an example provided below)

Everyday Stress

- a) Specific to a situation or problem
Example – you have an upcoming exam
- b) Usually goes away once the problem or situation passes or is resolved
Example – after you write your exam the stress decreases or goes away completely
- c) Seems adequate or acceptable to the situation/problem
Example – you want to do well in school
- d) Is a realistic response that is warranted based on the problem/situation
Example - many students become stressed before an exam

Clinical Anxiety

- a) Fear/anxiety comes up without a specific trigger
Example – walking into school and fear of school overcomes you without any upcoming exams or assignments
 - b) Anxiety/fear lasts for a long time even when the situation has been resolved
Example – for weeks after the exam you continue to worry about what you wrote on the exam (how you should have answered things differently)
 - c) Feeling of anxiousness is exacerbated relative to what is expected – it is not realistic and leans towards catastrophizing (worst case scenario)
Example – you think you are going to fail this exam and will never be able to do anything with your life
 - d) Leads to avoidance of situations/people/things that may trigger the anxiety
Example – you skip school the day of the exam
 - e) Inability to control/manage the anxiety
Example – you cannot stop thinking of the exam from the time you find out about it until you get the exam back after it has been graded
- Slide #4 - Signaling – dates to prehistoric times and keeps us safe from physical dangers – fight, flight, or freeze response
 - Slide #5 Anxiety happens when your body activates as if there is a physical danger and prepares the body for flight or fight and **yet there is no danger present**
 - Dealing with Anxiety disorders
 - There is a prescription for anxiety – $RX = n + 1$
 - Rx = the want to get better
 - N = the problem
 - $+1$ = add one more thing to the problem

- *** **you must not avoid** – in fact you must face the problem head on and add more to it. Example: For a student that has school related anxiety, not only must they go to school, but they must add one more thing to it – go to class (even if they can only stay for 5-10 minutes). You keep adding on to the time they are expected to stay in class until they can stay for the full class
- *** Same thing with an exam – it is important to stay and complete the exam – if they leave the exam, the brain registers that this was a good idea to leave the exam as it kept them physically safe, but the next time they go to write an exam they will have even more anxiety because the brain will remember that they stayed safe last time when they left the exam.

SUGGESTED END ACTIVITY: MINDSHIFT APP

Take some time to download the Mindshift App from Anxiety Canada. You could even have students download it on their phones. Give students some time to explore the App.





DAY #4 – EXPLORING MENTAL ILLNESS/COMMON DISORDERS CONTINUED

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- Projector to play videos
- Power point

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1. DEPRESSION

1. Show Power point
 - Slide #2 - Depression is a mood disorder
 - Slide #3 – Everyone has a normal range of moods. A healthy brain recognizes when a person’s mood has been low for too long and will make changes to bring the mood back up to a normal level
 - Slide #4 – Depression happens when a person’s mood drops really low and stays there. The brain is unable to make the changes it need to bring the mood back up.
 - Slide #5 – Depression is more than just feeling sad. If a person has a really low mood and it stays there for more than 2 weeks, a person may get a Depression diagnosis
 - Slide #6 Treatment is varied and personal
 2. Watch this Ted Talk on Depression, Let’s Talk About It <https://www.youtubekids.com/watch?v=WO-gkDBQL9U> 6:12
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2. OTHER COMMON MENTAL ILLNESSES

Continue with the power point for a short overview of symptoms for the following common mental illnesses

1. Other mood disorders – Bipolar Disorder
2. Schizophrenia
3. Attention Deficit Disorder
4. Obsessive-Compulsive Disorder

Treatments and strategies for Mental Illnesses will be presented in tomorrow's lesson.

SUGGESTED END ACTIVITY: 3, 2 ,1

3-new things you learned

2-things you enjoyed

1-thing you did not like

OR

3- things you enjoyed

2-things you would like to learn more about

1-thing you did not like

